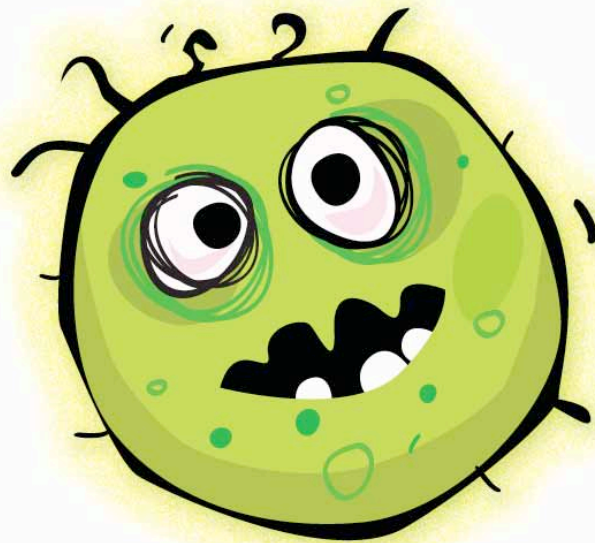


SPREAD THE WORD, NOT THE BUG!



**GET YOUR
FREE
FLU SHOT
HERE
TODAY**

WHAT'S YOUR FLU IQ? TAKE THE QUIZ:

www.FOH.hhs.gov/FLU

All artwork is available to download at: www.FOH.hhs.gov/toolkit



Courtesy of FOH Center for Health Communications

U.S. Department of Health & Human Services
www.hhs.gov

FEDERAL OCCUPATIONAL HEALTH

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Calendar

Monthly Events and Observances

Select a month and click for more information.

January	February	March
April	May	June
July	August	September
October	November	December

Content will be updated as the year progresses. Check back often.

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<< Select a month and click for more information...

The month you selected appears >>

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Flu Season

SPREAD THE WORD, NOT THE BUG!

Getting your flu shot is like putting on armor to battle the flu bug. It also makes you a hero to others, because a flu shot protects them, too!

Who should get a flu shot

Many people do not realize that the flu – short for “influenza virus” – is a dangerous disease that kills thousands of people a year. Everyone 6 months and older should get a flu vaccine annually. It’s especially important that people get vaccinated who are at high risk of having serious flu-related complications.

- Women who are pregnant
- Children under 5 years old
- People 50 years old and older
- People with weakened or malfunctioning immune systems
- People with certain chronic medical conditions, such as:
 - Chronic lung disease (e.g., asthma, cystic fibrosis, and COPD)
 - Diabetes (both types 1 and 2)
 - Heart disease
 - Some neurologic conditions
 - And some other long-term health conditions
- People who live in long-term care facilities, such as nursing homes

Flu prone work environments

It is equally important to be vaccinated if you live with or care for others who are at high risk for developing flu-related complications. This includes:

- Health care workers
- Household contacts of persons at high risk for complications from the flu
- Household contacts and out of home caregivers of children less than 6 months of age (these children are too young to be vaccinated)

When to get the flu shot

The current flu shot offers protection from the three most common strains of the influenza virus expected during this year’s flu season. The earlier you get your flu shot, the more time you give your body to build up defenses against them.

Where to get the flu shot

So be a hero, and skip by your FOH clinic, healthcare provider, or community center for a flu shot. With this one quick visit, you can shield yourself and your loved ones from a serious disease.

Quick Take

Test your Flu IQ

1) When does the “flu season” usually occur in the United States?

☐ From August through December

☐ From November through April

☐ From January through June

☐ From late December through July

It is good to get your flu shot before the season starts so your body can build up immunity to the strains in the vaccine. Keep in mind these are just general dates, each year is different, so it is better to be prepared early.

Next Question

Your score is ?

Resources

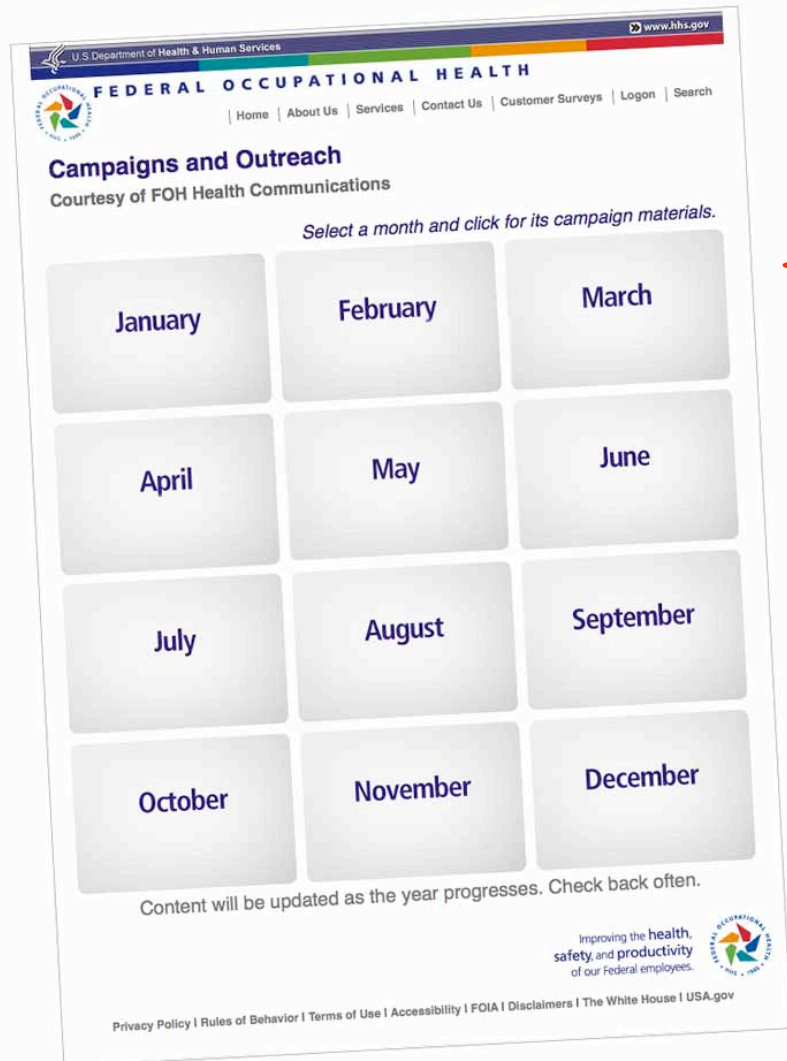
- Flu.gov
- Misconceptions about the flu shot
- Latest flu news from the CDC
- FOH Flu Season Marketing Materials

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Calendar webpage: www.FOH.hhs.gov/calendar

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<< Select a month
and click for
its campaign
materials...

The month
you selected
appears >>



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U.S. Department of Health & Human Services www.hhs.gov

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Campaigns and Outreach Toolkit

Courtesy of FOH Center for Health Communications

Flu Season Toolkit

SPREAD THE WORD, NOT THE BUG!

Downloadable Materials to get the word out.
Check out this PowerPoint or this PDF for an overview of the materials below.

GET YOUR FREE FLU SHOT HERE TODAY

Flyers
Flu Season Flyer
Flu Season Flyer Template

Chy TV
Flu Season Chy TV
Flu Season Chy TV Template

Posters
Flu Season 24 x 36 inch Poster
Flu Season 24 x 36 inch Poster Template
Flu Season 8.5 x 14 inch (legal sized) Poster
Flu Season 8.5 x 14 inch (legal sized) Poster Template

Table Tent
Flu Season Table Tent

Email Blast
Flu Season Email Blast (MS Word)
Flu Season Email Blast (pdf)

More Resources
FOH Flu Season Web Quiz
FOH Flu Season Quiz (pdf)
CDC Flu Season Print Materials
CDC Flu Season Web Tools
CDC Flu Season Video / Audio Tools
Flu.gov Outreach Materials

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From the Toolkit webpage, click on any of the listed materials to download artwork.

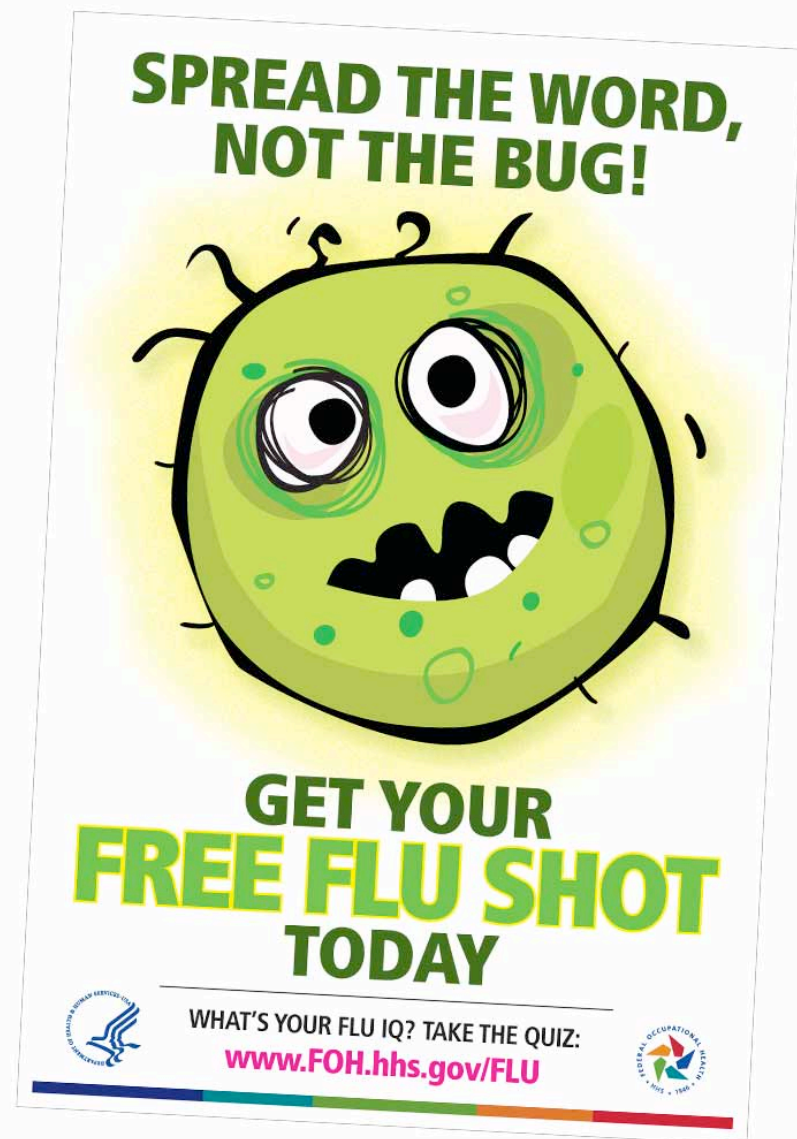
There are “as-is” versions as well as customizable template versions.

You can add your personal message to the template versions.

(Note: if you only have Adobe Acrobat Reader and do not have Adobe Acrobat Pro you will not be able to save any changes you make to the templates, you will only be able to print.)

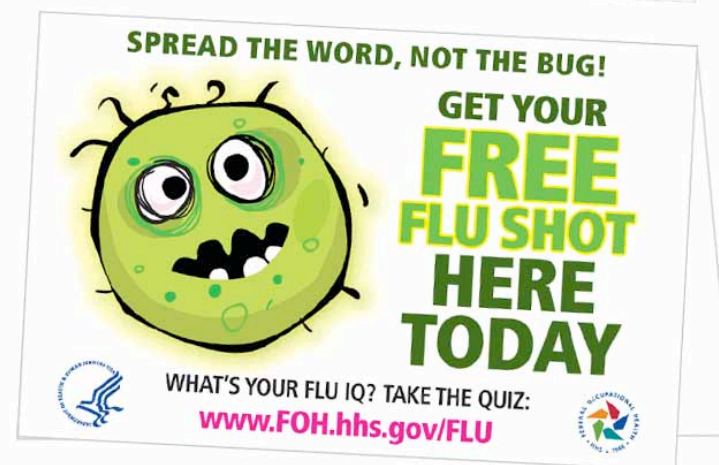
User friendly toolkit webpage: www.FOH.hhs.gov/toolkit

All artwork is available to download at: www.FOH.hhs.gov/toolkit



24x36 posters, also available as form fillable pdf templates

All artwork is available to download at: www.FOH.hhs.gov/toolkit



8.5x14 bulletin board poster (legal size paper), 11x8.5 flyer and chytv powerpoint slide, and 8.5x11 2-sided table tent, also available as form fillable pdf templates

All artwork is available to download at: www.FOH.hhs.gov/toolkit

End-User Email

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FEDERAL OCCUPATIONAL HEALTH, CENTER FOR HEALTH COMMUNICATIONS

Email blast, MS Word doc format (editable) and pdf versions

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